



CHEESE, AMERICAN AND SKIM MILK BLEND

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Code: B119

PRODUCT DESCRIPTION

- Blended American and skim milk cheese is a pasteurized process blend of natural cheeses. It offers a lower fat option compared to pasteurized process American cheese. This cheese is milder in flavor than natural cheese and is easy to melt.

PACK/YIELD

- Blended American and skim milk cheese is sliced and packed in 2 pound loaves, which is about 42 servings ($\frac{3}{4}$ ounce or 1 slice each) of cheese.

STORAGE

- Store unopened packages of American and skim milk blend cheese in the refrigerator until ready to use.
- After opening, re-wrap cheese tightly in clean wrap and store in the refrigerator.
- It is not recommended to freeze.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Serve blended American and skim milk cheese directly from the package in sandwiches or on top of salads.
- Use in soups, casseroles, or breads.
- Melt on toast for an easy snack, or serve with cut-up fruit.
- When using as a topping on soups or hot dishes, remove the dish from the heat and then stir in the cheese until melted.

NUTRITION INFORMATION

- 2 ounces of processed cheese counts as 1 cup from the MyPyramid.gov Milk, Yogurt, and Cheese Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- 1 slice of blended American and skim milk cheese provides 10% of daily calcium needs.

FOOD SAFETY INFORMATION

- If you see mold on the cheese, cut off at least 1 inch all around the mold spot; do not cut through the mold with your knife. Cover tightly with clean wrap.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: $\frac{3}{4}$ ounce (21g) blended American and skim milk cheese

Amount Per Serving

Calories	50	Calories from Fat	25
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% Daily Value*

Total Fat 3g	5%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 340mg	14%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	

Vitamin A	4%	Vitamin C	0%
Calcium	10%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

CHEESY RICE SQUARES**MAKES ABOUT 8 SERVINGS****Ingredients**

- 1 cup blended American and skim milk cheese, cut into small pieces
- 3 cups white rice, cooked
- ½ cup fresh parsley, chopped (if you like)
- ¼ cup onion, chopped
- ½ teaspoon salt
- 3 eggs, beaten
- 1 ½ cups evaporated milk
- 1 teaspoon Worcestershire sauce (if you like)
- Nonstick cooking spray

Directions

1. Preheat oven to 350 degrees F and coat a 9x9-inch baking pan with nonstick cooking spray.
2. In a bowl, combine the rice, cheese, onion, and salt. If using parsley, add that too.
3. In a separate bowl, combine the eggs and milk. If using worcestershire sauce, add that too. Pour over rice. Mix well.
4. Pour into a 9x9-inch baking dish.
5. Bake until just firm, about 35 to 40 minutes. Cut into squares to serve.

Nutritional Information for 1 serving (about 1 square) of Cheesy Rice Squares					
Calories	190	Cholesterol	100 mg	Sugar	0 g
Calories from Fat	60	Sodium	230 mg	Protein	11 g
Total Fat	7 g	Total Carbohydrate	22 g	Vitamin A	83 RAE
Saturated Fat	3.5 g	Dietary Fiber	0 g	Vitamin C	2 mg
				Calcium	237 mg
				Iron	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.

VEGETARIAN STUFFED PEPPERS**MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 cup blended American and skim milk cheese, cut into pieces
- 2 eggs
- 1 cup nonfat dry milk
- 1 ½ cups white rice, cooked
- 1 can (about 15 ounces) corn, drained
- 1 onion, chopped
- ½ teaspoon black pepper
- 1 ½ teaspoons garlic powder
- 3 medium green peppers, cut in halves, center removed
- 1 can (about 15 ounces) tomatoes, drained and chopped

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the eggs, nonfat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
3. Place green pepper halves in a 9x9-inch baking dish.
4. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
5. Bake for 35 to 40 minutes.

Nutritional Information for 1 serving (about ½ a pepper) of Vegetarian Stuffed Peppers					
Calories	250	Cholesterol	81 mg	Sugar	16 g
Calories from Fat	40	Sodium	470 mg	Protein	18 g
Total Fat	3 g	Total Carbohydrate	37 g	Vitamin A	165 RAE
Saturated Fat	1.5 g	Dietary Fiber	3 g	Vitamin C	59 mg
				Calcium	428 mg
				Iron	3 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.